



# November 2023 School Menu

Breakfast Served with Milk	Monday	Tuesday	Wednesday	Thursday	Friday	Afternoon Snack
<b>Mon.-</b> Whole Wheat Toast w/pineapples <b>Tues.-</b> French Toast Sticks w/apples <b>Wed.-</b> Cinnamon Raisin Bread w/pears <b>Thurs.-</b> Vanilla Yogurt w/mixed berries <b>Fri.-</b> Whole Wheat Pancakes w/bananas			<b>1</b> Mac N Cheese Green Peas Fresh Pears *Mac N Cheese	<b>2</b> Chicken Quesadilla Green Beans Bananas *Cheese Quesadilla	<b>3</b> Cheese Pizza Mixed Veggies Mixed Fruit	<b>Mon.-</b> Cheese Itz w/oranges <b>Tues.-</b> club crackers w/bananas <b>Wed.-</b> Wheat Thins w/oranges <b>Thurs.-</b> Animal Crackers w/bananas <b>Fri.-</b> Saltine Crackers w/Cheese
<b>Mon.-</b> Multigrain Bars w/pineapples <b>Tues.-</b> Cornbread w/applesauce <b>Wed.-</b> Cheerios & Raisins w/pears <b>Thurs.-</b> Blueberry Muffins w/apples <b>Fri.-</b> Whole Wheat Waffles w/bananas	<b>6</b> Beef Spaghetti Green Beans Fresh Melon *Spaghetti w/veggie crumble	<b>7</b> Turkey and Cheese Sandwich Carrots Pineapples *Cheese Sandwich	<b>8</b> Chicken Nuggets Corn, Mashed Potatoes Apples/Applesauce *Veggie Nuggets	<b>9</b> Bean and Cheese Burrito, Green Peas Pineapples	<b>10</b> Cheeseburger, Mixed Veggies Mixed Fruit	<b>Mon.-</b> Animal Crackers w/oranges <b>Tues.-</b> Graham Crackers w/bananas <b>Wed.-</b> Ritz Crackers w/Cheese <b>Thurs.-</b> Trail Mix w/oranges <b>Fri.-</b> Sweet Potato Crackers w/cheese
<b>Mon.-</b> Whole Wheat Toast w/pineapples <b>Tues.-</b> French Toast Sticks w/apples <b>Wed.-</b> Cinnamon Raisin Bread w/pears <b>Thurs.-</b> Vanilla Yogurt w/mixed berries <b>Fri.-</b> Whole Wheat Pancakes w/bananas	<b>13</b> Chicken Alfredo Green Beans Melons *Veggie Chicken	<b>14</b> Chicken and Rice Broccoli Oranges *Veggie Chicken	<b>15</b> Beef Soft Taco Carrots, Beans Bananas *Beef Crumble	<b>16</b> Chicken Tetrizzini Green Peas Fresh Pears *Veggie Chicken	<b>17</b> Thanksgiving Feast	<b>Mon.-</b> Cheese Itz w/oranges <b>Tues.-</b> club crackers w/bananas <b>Wed.-</b> Wheat Thins w/oranges <b>Thurs.-</b> Animal Crackers w/bananas <b>Fri.-</b> Saltine Crackers w/Cheese
<b>Mon.-</b> Multigrain Bars w/pineapples <b>Tues.-</b> Cornbread w/applesauce <b>Wed.-</b> Cheerios & Raisins w/pears <b>Thurs.-</b> Blueberry Muffins w/apples <b>Fri.-</b> Whole Wheat Waffles w/bananas	<b>20</b> Chicken Sandwich Broccoli Oranges *Veggie Chicken	<b>21</b> Steak Fingers, Corn, Mashed Potatoes Watermelon *Veggie Chicken	<b>22</b> Mac N Cheese Green Peas Fresh Pears *Mac N Cheese	<b>23</b>  <b>School Closed</b>	<b>24</b>  <b>School Closed</b>	<b>Mon.-</b> Animal Crackers w/oranges <b>Tues.-</b> Graham Crackers w/bananas <b>Wed.-</b> Ritz Crackers w/Cheese <b>Thurs.-</b> Trail Mix w/oranges <b>Fri.-</b> Sweet Potato Crackers w/cheese
<b>Mon.-</b> Whole Wheat Toast w/pineapples <b>Tues.-</b> French Toast Sticks w/apples <b>Wed.-</b> Cinnamon Raisin Bread w/pears <b>Thurs.-</b> Vanilla Yogurt w/mixed berries <b>Fri.-</b> Whole Wheat Pancakes w/bananas	<b>27</b> Chicken Alfredo Green Beans Melons *Veggie Chicken	<b>28</b> Chicken and Rice Broccoli Oranges *Veggie Chicken	<b>29</b> Beef Soft Taco Carrots, Beans Bananas *Beef Crumble	<b>30</b> Chicken Tetrizzini Green Peas Fresh Pears *Veggie Chicken	 <b>Healthy Food Pyramid</b>	<b>Mon.-</b> Cheese Itz w/oranges <b>Tues.-</b> club crackers w/bananas <b>Wed.-</b> Wheat Thins w/oranges <b>Thurs.-</b> Animal Crackers w/bananas <b>Fri.-</b> Saltine Crackers w/Cheese

\*Vegetarian Adjustment

-Variety of Cereal served for early arrivals until 7:30am

-Milk served with Lunch / Water served with Snack and available at every meal.



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